Clinical Exercise Testing: Basic principles and practice
27-28 October 2022
Rome, Italy

Thursday, 27 October 2022

Session 1
08:00–08:30  Course registration
08:30–08:40  Welcome - P. Laveneziana, P. Palange
08:40–09:00  Introduction: why cardiopulmonary exercise testing (CPET)? - P. Laveneziana
09:00–09:45  Exercise physiology: the metabolic response to incremental exercise - S. Ward
09:45–10:30  Exercise physiology: the ventilatory response to incremental exercise - P. Palange
10:30–11:00  Coffee break
11:00–11:45  Exercise physiology: the cardiovascular response to incremental exercise - P. Agostoni
11:45–12:15  Equipment and methodology - R. Casaburi
12:15–13:00  The key variables and their meaning - P. Laveneziana
13:00–14:00  Lunch

Session 2: Practical session: incremental exercise testing
Participants and faculty split into four groups.

Equipment and test design
Group 1 - P. Onorati
14:00–15:00  Group 2 - P. Laveneziana
Group 3 - P. Palange
Group 4 - M. Schaeffer

Test performance and interpretation
Group 1 - P. Onorati
15:00–16:00  Group 2 - P. Laveneziana
Group 3 - P. Palange
Group 4 - M. Schaeffer

16:00–16:30  Coffee break

All times are in Central European Time (CET).
Friday, 28 October 2022

16:30–17:45  Panel discussion (including data presentation / test reporting - P. Onorati, P. Laveneziana, P. Palange, M. Schaeffer

Session 3
08:00–08:30  Exercise physiology: the metabolic limitation to exercise - P. Onorati
08:30–09:15  Exercise physiology: the ventilatory limitation to exercise - M. Schaeffer
09:15–10:00  Exercise physiology: the pulmonary gas exchange and pulmonary vascular limitation to exercise. - P. Palange, P. Laveneziana
10:00–10:30  Coffee break
10:30–11:15  Field testing and methods for assessing physical activity - S. Singh
11:15–11:45  Exercise physiology: the cardiovascular limitation to exercise - P. Agostoni

Whiteboard session (participant questions, tips and cases)
- P. Laveneziana
- P. Onorati
11:45–12:30  P. Palange
- P. Agostoni
- M. Schaeffer
12:30–13:30  Lunch

Practical session: Constant work rate exercise testing
Participants and faculty split into four groups.

Equipment and test design
13:30–14:30  Group 1 - M. Schaeffer / P. Agostoni
Group 2 - P. Onorati
Group 3 – P. Laveneziana
Group 4 - P. Palange

Test performance and interpretation
14:30–15:30  Group 1 - M. Schaeffer / P. Agostoni
Group 2 - P. Onorati
Group 3 - P. Laveneziana
Group 4 - P. Palange
15:30–16:00  Coffee break

Session 4
16:00–17:30  CPET response patterns - S. Ward, P. Onorati, P. Laveneziana, P. Agostoni, P. Palange, M. Schaeffer
17:30–18:00  Closing remarks

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